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WE PLAN THE HOME GARDEN TO FEED THE FAMILY

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A radio talk by Mrs. Anna Lea Harris, Home Demonstration Agent, Richmond County, North Carolina, delivered in the Home Demonstration Radio Hour, March 4, 1936, and broadcast by a network of 49 associate NBC radio stations.

All women love growing things and if the vegetable and flower garden are situated where they can be seen from the kitchen window they furnish her soul with inspiration which is as necessary as the food it furnishes for the well being of the family. A garden near at hand will also receive more attention when cultivation is needed and when seeds should be sown and vegetables will more often be used in prime condition.

When the location and cultivation of a garden is left to the man, he usually finds it convenient to plant a few rows of his favored vegetables in the cotton or tobacco patch where he can plough or cultivate them when he cultivates his crop. This is an efficient type of gardening for the man but often hard for the housewife because the patches are frequently a quarter of a mile or more from the house.

Farm families are realizing how necessary good gardens are to the health of the family. How vegetables help to protect them from many ailments caused by lack of variety in food, how they furnish iron and phosphorous for good red blood, lime and other essentials for bones and teeth, starch and fat for energy and protein for muscle building. Besides these they furnish the vitamins which keep their bodies in good condition and the roughage and laxative juices which help in the elimination of body waste. It is a known fact that in most families as the use of vegetables increases, the amount necessary for doctors' bills and medicine has decreased.

Those things alone would make a year-round garden an essential part of every farm family's planting plan, but the benefits of a good garden should also be measured in dollars and cents. I expect that gardens make a bigger return for the money invested than any other farm operation.

Mrs. A. H. McCall of Richmond County, N.C. kept a very complete garden record last year. During the year 1935, the nine members of her family used \$129.54 worth of fresh vegetables from her garden. She sold \$18.78 worth and canned 275 quarts. Valuing the canned vegetables at 15¢ a quart, they are worth \$41.25, making a total of \$189.57, value of vegetables produced. These were produced with 30 hours of man-labor and 12 hours of mule-labor at a cost of \$5.88. This added to the cost of the seed and fertilizer \$10.35 make a total cost of \$16.23, giving a clear profit of \$173.34 on an investment of \$16.23. Truly, the garden is the most valuable acre on the farm.

Because it is so valuable, we plan to have a succession of vegetables every month in the year and when the garden is not producing food for the family it is producing plant food for the coming crop. Some people forget to feed the soil.

Miss Nancy Ellerbe of Rockingham last year produced and served seventeen different vegetables from her garden in October, thirteen in November, twelve in December and January, seven in February and ten in March. During this time

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she sold \$106.42 worth. Sixty-five farm women visited Miss Ellerbe's garden on November 16th to see how she did it.

When making a plan for your garden, it is well to remember an old saying that the negroes used when planting corn. It was something like this. "One for the black bird, one for the crow, one for the cut worm, and one to grow." In other words, make some allowance for diseases, insects, and weather conditions. Plan for a succession of crops, some of them to improve the soil and your garden will bring you the greatest returns in health and happiness as well as dollars and cents.

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